



Pulses are edible seeds, there are dozens of varieties.

Pulses are edible seeds that grow within a pod.

Thank you to Hotwells Primary School, Bristol, Year 6 for these beautiful images.





A dal is a split pulse without its skin - these are split chickpeas, split lentils and split mung beans.



The word 'dal' can also mean a soupy, or stew-like dish made from pulses.



Pulses are.....

edible seeds from a pod
eaten all around the globe
one of the first crops we ever cultivated
perfect for a healthy body and a healthy planet



Dal is.....

a split pulse
a stewy dish made from pulses
a staple dish of South Asia
easy to prepare

DELICIOUS!